

Full Report (All Nutrients) 45107813, ZATARAIN'S, THREE CHEESE SNACKERS, UPC: 071429012530

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	127.0 g 127g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	320	252
Protein	g	--	--	12.00	9.45
Total lipid (fat)	g	--	--	16.00	12.60
Carbohydrate, by difference	g	--	--	34.00	26.77
Fiber, total dietary	g	--	--	1.0	0.8
Sugars, total	g	--	--	3.00	2.36
Minerals					
Calcium, Ca	mg	--	--	250	197
Iron, Fe	mg	--	--	1.80	1.42
Sodium, Na	mg	--	--	519	409
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	300	236
Lipids					
Fatty acids, total saturated	g	--	--	5.994	4.720
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	25	20

Amino Acids

Other

Ingredients  
WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, FERROUS SULFATE, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PASTEURIZED PROCESS SWISS CHEESE (SWISS CHEESE [PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES], WATER, MILKFAT, SODIUM PHOSPHATE, SALT), ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CHEESE [CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES], MODIFIED CORN STARCH), EXPELLER SOYBEAN OIL, CHEESE FLAVOR (DEHYDRATES AMERICAN AND BLUE CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES], MODIFIED CORN STARCH, WHEY, PARTIALLY

HYDROGENATED SOYBEAN OIL, WHEY PROTEIN CONCENTRATE, SALT, CARBOXYMETHYL CELLULOSE, LACTOSE, BUTTERMILK SOLIDS, CORN MALTODEXTRIN, NATURAL FLAVOR, SODIUM PHOSPHATE, LACTIC ACID, SILICON DIOXIDE, CITRIC ACID, ONION, YELLOW 5, YELLOW 6), NONFAT MILK SOLIDS (NONFAT MILK, WHEY SOLIDS LACTOSE), VITAMIN A AND D3), MODIFIED CORN STARCH, SODIUM BICARBONATE, SPICES, LEAVENING (SODIUM ACID PYROPHOSPHATE, CORN STARCH, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE), METHYLCELLULOSE, GRANULATED GARLIC, SALT, GRANULATED ONION, SOY LECITHIN. *Date Last Updated by Company:* 05/17/2016